

WORKSHOPS AT THE CROSSING

145 ACRES OF INSPIRATION

MINDFULNESS MEDITATION & YOGA RETREAT
July 06 – 08, 2018

This is an all-inclusive weekend and includes accommodation, all meals and sessions with Tracey. The meditation and yoga classes are suited for all levels of experience (including beginners).

INVESTMENT FOR THE WEEKEND:
\$595.00 PER PERSON BASED ON DOUBLE OCCUPANCY + TAXES;
\$695.00 SINGLE OCCUPANCY + TAXES.

Enjoy a weekend away to relax and rejuvenate at our Mindfulness Meditation & Yoga Retreat with Tracey Delfs of Balance Quest.

During the retreat you will learn the importance of integrating mindfulness practices in your busy life. Learning how these practices can help you to calm your mind, decrease stress, improve your focus, quality of sleep and level of happiness.

The weekend will be a combination of meditation and yoga classes, deep relaxation practices, mindful walks in nature and mindfulness discussions.

You will be taught how to meditate or how to strengthen your existing mindfulness meditation practice, along with some mixed-level gentle flow yoga classes. Both the meditation and yoga classes are suited for all levels of experience (even beginners).

The beautiful, quiet surroundings of The Crossing is a perfect location for a mindfulness retreat. While enjoying the warm down-to-earth hospitality of The Crossing staff with an abundance of wonderful, home-cooked food to eat mindfully.

You deserve a weekend away to slow down and remember how it feels to live more in the present moment.

[**CLICK HERE FOR MORE INFORMATION AND ITINERARY**](#)

FACILITATORS BIO – TRACEY DELFS, B.Kin, CPCC, CYT



Tracey Delfs has been leading numerous mindfulness and yoga retreats throughout Canada and Internationally over the last 15+ years. She brings mindfulness and yoga into the corporate setting in Calgary, as well to Olympic athletes and the general public. Her passion is to share these teachings on mindful living with others, helping them to live more balanced, healthier and happier lives.

